



NAPA VALLEY COAD COVID-19



PREPAREDNESS GUIDELINES

Information to date indicates that most cases of Corona Virus 2019 are mild, however, serious illness occurs in about 16% of cases. Older people and those with underlying health conditions (e.g. heart and lung diseases) seem to be at a greater risk. Symptoms include fever, cough and shortness of breath. The virus is primarily spread person to person, but can live on surfaces for a period of time. The following guidelines can assist in limiting the spread of the COVID-19.

HYGIENE



- Wash your hands frequently with soap for 20 seconds
- Use disinfecting wipes for common areas and in stores
- Use hand sanitizer if other items are not available
- Avoid touching your face
- Avoid touching public surfaces or shaking hands – use your knuckle or arm when possible

WHEN YOU ARE ILL



- Practice good hygiene when you are ill and coughing:
- Cough or sneeze into your elbow, or into a tissue and immediately discard
 - Call before seeing your doctor and share your symptoms
 - Stay home if you are ill to avoid spreading the illness

OTHER ACTIONS TO TAKE



- Check in on your elderly relatives and neighbors as they are more vulnerable to the virus
- Stock up on your household essentials, including medications, diapers, cleaning supplies and food staples
- Masks are currently recommended only for people who are ill, in order to limit exposure to others. Mask supplies need to be prioritized for health care providers.

Remember to stay calm and follow preparedness guidelines. The majority of cases tend to be mild. Visit the Napa County public health website for regularly updated information, including links to the Center for Disease Control (CDC):
<https://www.countyofnapa.org/2739/Coronavirus>

